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B R A D S H A W's  
V A L U A B L E  
F A M I L Y J E W E L.  
B E I N G A  
S T O R E - H O U S E

O F S U C H

Curious Matters, as All ought to be acquainted with,  
*Who intend to spend their Lives either Pleasant or  
Profitable.*

Containing All that relates to

COOKERY,  
PASTRY,  
PICKLING,  
PRESERVING,


WINE MAKING,  
BREWING,  
BREAD MAKING,  
OAT CAKES, &c.

With a great Number of other *Necessary Articles*, not  
to be met with in any other Book:

Particularly, an Excellent Method for the Management  
of a Beer-Cellar:

How to keep Ale, or Beer, always exceeding fine; and  
how to restore sour Beer to its first Perfection; which  
Article has been of the utmost Service to the *Pur-  
chasers of this Book.*

Likewise, an Excellent Method to preserve a constant  
Stock of YEAST, even in the most scarce Seasons.

 In this Book is likewise inserted, Mons. MILLIEN's  
Method of preserving Metals from Rust, such as Guns,  
Grates, Candle-Sticks, &c. for the Discovery of which,  
the Parliament of *Paris* gave him 10,000 *l.*

By Mrs. PENELOPE BRADSHAW, and the late  
ingenious Mr. LAMBERT, Confectioner.

\* \* *As this Book is enter'd according to Law, whoever  
prints it shall be prosecuted.* — The 10th Edition.

Printed for P. BRADSHAW, 1748. Price 1 s.





## To the R E A D E R.

**D**ifferent Motives have no Doubt, induced Persons of both Sexes, to commence Authors: But Gain I must declare (however customary an Aim) has not in the least tempted me to it. It is, indeed, so very far from it, that had not my dear Relation, Mrs. Johnston, laid the Plan for a new Edition of a Work, that in her Life-time had acquired a universal good Character, I must confess, I should never have entered the List of Writers.

And though I might not be at a Loss to bring innumerable Witnesses of my Abilities in the Station I am fixed in, yet I can't help declaring my Incapacity for the Task I have taken upon me as an Author—For, however well qualify'd I may happen to be for my present Station; yet I know there is something more wanting to communicate, in a pretty, easy Taste, the very Things that I am thoroughly Mistress of—I know I shall be charged with Want of Language, Method, and a Thousand odd Things I can't well tell how to remedy; yet, I hope, this will be look'd over by the Reader, as I can with Truth assert, that (though my Style may not be very polite) the Work will be very beneficial to all Kind of People; and therefore I will not detain the Reader any longer, than to give a short Bill of Fare of the present Undertaking, viz.

This Work will contain the Art of Confectionary, in all its different Branches; shewing the various Methods of Preserving all Sorts of Fruits, dry and liquid; with the best Methods of Clarifying, and the different Ways of Boiling Sugar.



## TO the R E A D E R.

*It will likewise contain the whole Art of Cookery, from dressing a Stake, to the greatest Dainties.*

*Also, plain and easy Instructions for Pickling; Wine-Making; London and Country Way of Brewing; London, French, and Country Way of Bread-Making; different Ways of making Oat-Cakes, Muffins, &c. with many other necessary Articles, not to be met with in any other Book; particularly, ample Directions for Marketing throughout the Year.*

*And, an excellent Method for the Management of a Beer-Cellar; how to keep Ale, or Beer, always exceeding fine; and how to restore sour Beer to its first Perfection, which Article alone, may be of the utmost Service to the Publick.*

*Likewise a New Method of making either Red or White Currant Wine, to much greater Perfection than it has hitherto been; and Foreign Method of fining Wine. And lastly, an Account of that admirable Liquid for preserving Rust from Metals, such as Brasses, Steel, Iron, &c. for the Discovery of which, the Parliament of Paris gave Mons. Millien, the Inventor, Ten Thousand Pounds.*

BRADSHAW'S





*B R A D S H A W*'s  
Valuable Family J E W E L.

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F I R S T,  
Of CONFECTIONARY in all its different  
Branches.  
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*Of the Manner of clarifying Sugar, and the different  
Ways of boiling it.*

**S**INCE the Ground-work of the Confectioner's Art depends on the Knowledge of clarifying and boiling Sugars, I shall here distinctly set them down, that the Terms hereafter mention'd may the more easily be understood; which, when thoroughly comprehended, will prevent the unnecessary Repetitions of them, which would incumber the Work, and confound the Practitioner, were they to be explained in every Article as the Variety of the Matter should require: I shall therefore, through the whole Treatise, stick to these Denominations of the several Degrees of boiling Sugar, *viz.* Clarifying, Smooth, Blown, Feather'd, Crackled, and Carmel.

*To Clarify Sugar.*

Break into your preserving Pan the white of one Egg, put in four Quarts of Water, beat it up to a Froth with a Whisk; then put in twelve Pounds of Sugar, mixed together, and set it over the Fire; when it boils up, put to it a little cold Water, which will cause it to sink; let it rise again, more Water; so do for four or five times, till

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till the Scum appears thick on the Top; then remove from the Fire, and let it settle; then take off the Scum, and pass it through your straining Bag.

*Note,* If the Sugar doth not appear very fine, you must boil it again before you strain it; otherwise, in boiling it to any Heigh, it will rise over the Pan, and give the Artist much Trouble.

### *The boiling Sugar to the Degree call'd Smooth.*

When your Sugar is thus clarified, put what Quantity you shall have occasion for, over the Fire, to boil Smooth, the which you will prove by dipping your Scummer into the Sugar; and then touching it with your Forefinger and Thumb, in opening them a little you will see a small Thread drawn betwixt, which immediately breaks, and remains in a Drop on your Thumb; thus it is a little smooth; then boiling it more, it will draw into a larger String; then it is become very smooth.

### *The Blown Sugar.*

Boil your Sugar yet longer than the former, and try it thus, *viz.* Dip in your Scummer, and take it out, shaking off what Sugar you can into the Pan, and then blow with your Mouth strongly through the Holes, and if certain Bubbles or Bladders blow through, it is boiled to the Degree called Blown.

### *The Feathered Sugar,*

Is a higher Degree of boiling Sugar, which is to be proved by dipping the Scummer when it hath boiled somewhat longer; shake it first over the Pan, then giving it a sudden Flurt behind you; if it be enough, the Sugar will fly off like Feathers.

### *The Crackled Boiling,*

Is proved by letting it boil somewhat longer; and then dipping a Stick into the Sugar, which immediately remove into a Pot of cold Water, standing by you for that Purpose, drawing off the Sugar that cleaves to the Stick, and if it becomes hard, and will snap in the Water, it is enough; if not, you must boil it till it comes to that Degree.

*Note,*

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*Note,* Your Water must be always very cold, or it will deceive you.

#### *The Carmel Sugar,*

Is know by boiling yet longer, and is proved by dipping a Stick, as aforesaid, first in the Sugar, and then in the Water : But this you must observe, when it comes to the Carmel Height, it will snap like Glass the Moment it touches the cold Water, which is the highest and last Degree of boiling Sugar. *Note,* There is to be observed, that your Fire be not very fierce when you boil this, least flaming up the Sides of your Pan, it should occasion the Sugar to burn, and so discolour it.

#### *To preserve Oranges with a Marmalade in them.*

Pare your Oranges, make a round Hole in the Bottom, where the Stalk grew, the Bigness of a Shilling ; take out the Meat, and put them into Salt and Water for two or three Hours ; then boil them very tender, then put them into a clarified Sugar, give them a Boil the next Day, drain the Syrup, and boil it, till it becomes smooth ; put in your Oranges, and give them a good Boil. When a little cool, drain them, and fill them with a Marmalade, putting in the round Piece you cut out ; with the Syrup, some other Sugar, and Pippin Juice, make a Jelly, and fill up your Pots or Glasses.

#### *To make a Compote of Oranges.*

Cut the Rind off your Oranges into Ribs, leaving part of the Rind on ; cut them into eight Quarters, and throw them into boiling Water ; when a Pin will easily go through the Rind, drain and put them into as much Sugar, boiled till it becomes smooth, as will cover them ; give all a Boil together, adding some Juice of Oranges to what Sharpness you please ; when cold, serve them to Table on Plates.

#### *To candy Orange, Lemon, and Citron.*

Drain what Quantity you will candy clean from the Syrup, wash it in luke-warm Water, and lay it on a Seive to drain ; then take as much clarified Sugar as you think will cover what you will candy ; boil it till

it



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it blows very strong; then put in your Rings, and boil them till it blows again; then take it from the Fire, and let it cool a little; then with the Back of a Spoon rub the Sugar against the Inside of your Pan till you see the Sugar becomes white; then with a Fork take out the Rings one by one, and lay them on a Wire-grate to drain; then put in your Faggots, and boil them; then rub the Sugar, and take them up in Bunches, having some-body to cut them with a Pair of Scizers to what Bigness you please, laying them on your Wire to drain.

*Note*, thus you may candy all Sorts of Oranges and Lemon-Peels or Chips. — Lemon Rings and Faggots are done the same Way, with this distinction only, that the Lemons ought to be pared twice over, that the Ring may be the whiter; so will you have two Sorts of Faggots: But you must be sure to keep the outward Rind from the other, else it will discolour them.

*To dry Golden-Pippins.*

Pare your Pippins, and make a Hole in them, as above, then weigh them, and boil them till tender; then take them out of the Water, and to every Pound of Pippins take a Pound and a half of Leaf-Sugar, and boil it, till it blows very strong; then put in the Fruit, and boil it very quick, till the Sugar flies all over the Pan; then let them settle, and cool them, scum them, and set them by till the next Day, then drain them, and lay them out to dry, dusting them with fine Sugar before you put them into the Stove; the next Day turn them and dust them again, when dry, pack them up.

*Note*, You must dry them in Slices or Quarters, after the same Manner.

*Zest of China-Oranges.*

Pare off the outward Rind of the Oranges very thin, and only strew it with fine Powder-sugar, as much as their own Moisture will take, dry them in a hot Stove.

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### *To preserve Cherries Liquid.*

Take the best Morello Cherries when ripe, either Stone them or clip their Stalks; and to every Pound take a Pound of Sugar, and boil it till it blows very strong, then put in the Cherries, and by Degrees bring them to boil as fast as you can, that the Sugar may come all over them, scum them and set them by; the next Day boil some more sugar to the same Degree, and put some Jelly of Currans, drawn as hereafter directed: For Example, if you boil one Pound of Sugar, take one Pint of Jelly, put in the Cherries and the Syrup to the Sugar; then add the Jelly, and give all a Boil together; scum them, and fill your Glasses or Pots; take Care as they cool to disperse them equally, or otherwise they will swim all to the Top.

### *To draw Jelly of Currans.*

Wash your Currans, put them into your Pan, and mash them; then put in a little Water and boil them to a Pomish; then strew it on a Seive, and press out all your Juice, of which you make the Jelly for all the wet Sweet-meats that are red.

*Note,* Where white Currans-Jelly is prescribed, it is to be drawn after the same Manner; but observe you strain it first.

### *To make Raspberry-Biscakes.*

Press out the Juice, and dry the Paste a little over the Fire, then rub all the Pulp through a Seive; then weigh, and to every Pound take eighteen Ounces of Sugar, sifted very fine, and the Whites of four Eggs, put all in the Pan together, and with a Whisp beat it till it is very stiff, so that you may lay it in pretty high Drops; and when it is so beaten, drop it in what Form you please on the back Sides of Cards, (Paper being too thin, it will be difficult to get it off) dust them a little with very fine Sugar, and put them into a very warm Stove to dry; when they are dry enough, they will come easily from the Cards; but whilst soft, they will not stir; then take and turn them on a Seive, and let them

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remain a Day or two in the Stove; then pack them up in your Box, and they will, in a dry Place, keep all the Year without shifting.

*To make Raspberry-Jamm*

Prefs out the Water from the Rasberries; then to every Pound of Rasberries take one Pound of Sugar, first dry the Rasberries in a Pan over the Fire, but keep them stirring, least they burn; put in your Sugar, and incorporate them well together, and fill your Glasses or Pots, covering them with thin white Paper close to the Jam, whilst it is hot; and when cold, tie them over with other Paper.

*To preserve Green Grapes.*

Take the largest and best Grapes before they are thorough ripe, stone them and scald them, but let them lie two Days in the Water they were scalded in; then drain them and put them into a thin Syrup, and give them a Heat over a slow Fire; the next Day turn the Grapes in the Pan and warm them again; the Day after drain them and put them into a clarified Sugar, give them a good Boil and scum them, and set them by; the following Day boil some more Sugar to blow, and put it to the Grapes, and give them a good Boil, scum them and set them in a warm Stove all Night; the next Day drain them and lay them out to dry, first dusting them very well.

*To make Raisin Wine.*

To a Gallon of Water put five Pounds of Raisin-Stalks, and all shred gross; let them stand ten Days, stirring them once a Day; then let it be strained, poured out, and put into a Barrel that will just hold it; and to every Gallon, put the Whites of two Eggs very well beat: Tun it up, with the Wine, stop the Vessel close, and let it stand six Months before you Bottle it.

*To make Orange Wine.*

Put twelve Pounds of fine Sugar, with the Yolks of five Eggs well beat; put to it six Gallons of Spring-water; boil it three Quarters of an Hour, skim it well, then



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then let it stand in a wooden Cooler till 'tis near cold : Then put six Spoonfuls of Ale Yeast, and the Juice of twelve large Lemons ; they must be par'd, and squeez'd in a large Tankard or Mug, upon two Pounds of double refin'd Sugar over Night : In the Morning skim it, take out the Seeds, and put the Juice and Sugar into the other ; put in also the Juice of five *Seville* Oranges, Rinds and all ; let it work together two Days, then put in two Quarts of *Rhenish* Wine, and put into a Rundlet, and stop it close 12 Days, then bottle it. Observe, there must be but half the Rinds put into the Cask, and as few of the Seeds as possible.

#### *To make Cowslip Wine.*

To every Gallon of Water, put two Pounds of Sugar ; boil it an Hour, skim it well, then set it to cool : Take a Toast well bak'd, spread it on both Sides with Ale-Yeast ; before you use the Yeast, beat Syrup of Citron, an Ounce and an half to every Gallon of Liquor ; put in the Toast while it is hot, that it may work the better, which it must do two Days ; in the working, put in your Cowslips, pick'd clean from the Greens, and well stamped. To ten Gallons of Liquor, put half a Bushell or three Pecks of Flowers, two Lemon Rinds shred, and two Quarts of *Rhenish* Wine ; let it work two Days ; before the Wine goes in, strain it from the Flowers ; and put it in a season'd Cask, when it has done working ; and let it stand a Month or five Weeks, then bottle it : But if you think fit, you may omit the Syrup of Citron.

#### *To make Raspberry Wine.*

Take four Pounds of Raisins, and Stone them, two Pounds of Loaf-sugar, five Quarts of Raspberries heap'd, a Gallon of Spring-water, boil the Water an Hour, then pour it into the Pot on the Ingredients, and stop it very close, and when it has stood three or four Days, pour off the Liquor into the Bottles for Use.

#### *To make Cherry Wine.*

Take Cherries full ripe, stone half of them, put into a Tub proportionable to the Quantity you make, strew

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Sugar over them for forty-eight Hours, then press them as you do Cyder; add to every fix Quarts a Pound of fine Sugar, toast a large Piece of Bread, put Yeast upon it, put it into the Liquor warm, and let it work a Day or two before you put it into your Cask, and let it stand two Months before you rack it off, and repeat racking it till 'tis fine, and then Bottle it for Use.

*To make Elder Wine.*

Take ten Gallons of Water, steep therein forty-five Pounds of *Malaga* Raisins, shred grossly, for ten Days, stirring them every Day, then strain it, and put it into a Vessel, put thereto, eight Quarts of the Juice of Elder-Berries, boiled with five Pounds of Loaf-sugar, well scumm'd; let it stand unstopp'd four Days to work, then stop it close, and after six Months bottle it; you may put two Quarts of Syrup of Cloves, which will give it a nearer Resemblance of Claret, but then you may omit two Quarts of the Elder-Juice.

*To make a fine Bitter.*

Take of Rhubarb one Ounce, of Snake-root one Ounce, of Cardamums one Ounce, one Handful of Camomile-flowers, the Peel of two Seville Oranges, for two Quarts of Mountain.

*To make Goosberry Wine.*

Boil River-water an Hour; when cold, to each two Quarts of Water, put three Pound of Goosberries, well bruised, let them steep twenty-four Hours, stir them once every two Hours in the Day-time, cover them close all Night, next Morning let it run through a Hair Seive, or Strainer; after settling, to each Gallon of Liquor, put two Pounds of white Sugar; the Sugar is to be put into the Vessel, and the Liquor poured upon it; stir it till the Sugar is dissolved, then fill up the Vessel and stop it close, and leaving a Vent hole to open as Occasion requires, let it stand three Weeks, and then boil it, putting a Lump of Loaf-sugar into each Bottle.

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### *To make Balm Wine.*

Take nine Gallons of Water, and eighteen Pounds of Sugar, boil them together gently for two Hours, scum it well, and pour it into a Tub to cool, till 'tis of the Temper of Wort, when Yeast is put to it; have ready three Pounds of the Tops of Balm a little bruised, which you must put into a Barrel, with one Pennyworth of Yeast, then pour the Liquor upon it, and stir it well together; after which let it stand twenty-four Hours unstopped, stirring once every three or four Hours; then stop it close, and let it stand a Fortnight, then bottle it with a Lump of Sugar in each Bottle; when you put it into a Barrel, you may put in the Pulp and Juice of two Lemons. The best Time of making is the Spring, when Balm is good.

### *A cheap Way to make a small Curran-Wine.*

Take one Pound of good Currans, and put them into a deep straight-mouth'd Earthen Pot, and pour upon them about three Quarts of hot Water, having first dissolved in them three Spoonfuls of the purest and newest Ale Yeast; stop it close 'till it begins to work, then give it the Vent, as is necessary, and keep it warm for about three Days: It will work and ferment: Taste it after two Days, to see if it be grown to your Liking: Then let it run thro' a Strainer, to leave behind all the Currans and Yeast, and bottle it up, it will be very quick and pleasant; is admirable good to cool the Liver and cleanse the Blood: It will be ready to drink in 4 or 5 Days.

—*This is recommended by an eminent Physician.*

Note, In making the strong Curran-Wine, Experience has convinced me, that the Trouble of picking the Currans from the Stalks may be saved; as I can assure the Reader, I never made better Wine from Currans, than I have done for the last five Years, none of which Currans were pick'd from the Stalks, my chief Care being to take off the bruised Fruit.

### *To make Goosberry Vinegar.*

Take the Goosberries when full ripe, bruise them well,



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well, to every Gallon of such Goosberries, put three Gallons of Spring-water, that has been boil'd, and cold again; let it stand twenty-four Hours, then strain it through a Canvas; after that, let it run through a Flannel Bag; and to every Gallon of such Liquor, put a Pound and Quarter of good brown Sugar, stir it well, then barrel it up; if you set it in the Sun, it will sooner be fit for Use.

### *A good Pickle for Pork, for present spending.*

One Gallon of Spring Water, half a Pound of Bay-salt, the like Quantity of coarse Sugar, three Ounces of Salt-Petre, which must be boil'd altogether, and you must skim it when cold; the Pork is to be cut into what siz'd Pieces you think most proper, which must be laid down close, and then pour the Liquor upon it; it must be kept from the Air; it will be fit for Use in about eight Days. If your Pickle don't keep well, it must be fresh boil'd; skim it when cold, as before, and then put it to the Meat again.

### *To Mango Codlins.*

Scoop out the Core, and fill them with Ginger and Mustard, and All-Spice; tie them close, and pour as much of the best Vinegar, scalding hot, as will cover them; tie a Cloth over them; then slice some Nutmeg, Ginger, Cloves and Mace, put them into a Pot, with as much Vinegar as will cover them; you must boil up your Vinegar often, that they may be kept green: They will keep a long Time, if stop'd close.

### *To pickle Onions.*

Procure some small sound Onions, which you must peel, and put into cold Water; then boil some Salt and Water, and put them in, 'till boil'd soft enough to eat; then take the best White Wine Vinegar, put in some Salt, Spice, &c. to your Liking, and let the Onions boil in it, about five Minutes; stop them close, when cold, they are fit for Use.

### *To pickle large Cucumbers.*

Rub them very clean with a wet Cloth; then put them

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them in strong Brine for seven or eight Days, changing it every other Day; after which boil as much of the best White Wine Vinegar as will cover them, add thereto whilst boiling, Nutmeg, Mace, and Plenty of black Pepper, &c. a few Cloves of Garlick, Plenty of Mustard-seed, and a small Quantity of Ginger, in Slices; the Pickle must be put to them hot, and often boil'd and put to them, 'till they are of a beautiful Green.

#### *To pickle Samphire.*

Get the best green Samphire, which you must lay in a Pan, and throw Plenty of Salt over it; then cover it with Spring Water; in this Liquor it must lie twenty or thirty Hours; after which, it must be set on a gentle Fire, cover'd with the best Vinegar; keep your Sauce-pan cover'd, and let it continue over a slow Fire, 'till it is green and crisp; mind to take it off before it be soft; and, when cold, tie it down, and keep it for Use.

#### *To pickle Cucumbers.*

Take small Cucumbers, and pick them, but not rub them; make a Brine to bear an Egg, put your Cucumbers into an Earthen Pan, boil your Brine well, and whilst hot, pour it on them, and cover them close, let them stand twelve Hours, then pour the Brine away, fling them into a clean Cloth, and change them into clean Cloths 'till quite dry; then take Spices, such as Nutmegs, sliced, Cloves, a little long Pepper, Jamaica Pepper, a little black Pepper, a little Ginger, a little Mace two or three Cloves of Shallot, one Clove of Garlick, put these into good Vinegar, boil it all up about eight Minutes, then put in the Cucumbers, and let them boil very slow, 'till they are quite plump and green, then take altogether, and pour them into a Jar, and cover them with a Plate 'till cold; they are fit for Use immediately.

N. B. Jars are the best Things for keeping Pickles in: When taken out for Use, take a Spoon; many People take them out with their Fingers, but that hurts the Pickles.

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*To pickle Mushrooms.*

Boil your Mushrooms in Spring Water, and a little Milk, for about twelve Minutes, then strain them thro' a Cullender ; after which, throw them into cold Pump Water, where they must lie till quite cold ; then get good Vinegar, and boil in it Spices, as Mace, Cloves, Nutmegs quartered, &c. when this is cold, take your Mushrooms out of the Water, drain them dry, and put them into your Pickle ; they must be ty'd down close with a Bladder. Distill'd Vinegar is best for Mushrooms.

*To pickle French Beans.*

Prepare a Brine of Salt and Water, strong enough to bear an Egg, in which lay your Beans for nine or ten Days ; after which time, get some boiling Water ready, clear your Beans from the Brine, throw them into your boiling Water, let them boil about two Minutes, then strain them from the Water into a Cullender ; when well strained, put them into a Jar, and put in as much scalding Vinegar as will cover them, stop them close down, and let them stand four or five Days ; then take altogether, put them on a slow Fire about an Hour, but you must not boil them ; then put them and the Vinegar into a Jar, with White Pepper, All Spice, Mace, Ginger, Nutmeg, and some add Dill.

*To pickle red Cabbage.*

Cut your Cabbage in small Pieces, season your Vinegar with Spices to your Liking ; add a Slice of Beet-root, then boil it well up, and pour it scalding hot over your Cabbage, and, when cold, drain it from your Cabbage, boil it up again, and put it to the Cabbage ; do thus two or three Times. Some tincture the Vinegar with Cochineal.

*To pickle Walnuts.*

Take what Quantity of Walnuts you think proper, but the Shells must be soft, scald them, then rub off the first Skin ; afterwards throw them into Salt and Water for about ten Days, shifting them every other Day, during which



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which Time, they must be kept close cover'd from the Air, then dry them, and put to them long Pepper, Cloves, Mace, Nutmeg, and Mustard-seed; after which, pour your Vinegar boiling hot upon them, and keep them close stopt; some add a little Garlick; boil the Pickle as often as you see Occasion.

#### *To pickle Oysters.*

Take the Oyster-liquor, and half as much Water, three or four Blades of Mace, a little whole Pepper, a Bit of Lemon-peel, a little Salt, set this over the Fire, and let it boil, then put in two Spoonfuls of Vinegar, as much White Wine as Oyster-liquor; after which wash the Oysters, put them in, and let them lye till enough; keep them close stopt for Use.

#### *To pickle Barberries.*

Make your Water salt enough to bear an Egg; after boiling it, cover your Barberries with it; if you design them for Sauce, boil Vinegar, season'd with Spice, and a little Allum, with which you must cover them.

#### *To Mango large Cucumbers.*

Take the Seeds and Cores out, and put in them whole Pepper, and other Spice, a little Garlick, and then tie them close; after which, put them in Salt and Water twenty-four Hours; then wipe them dry, boil as much Vinegar as will cover them (which you may season to you Liking) and put it on the Cucumbers boiling hot.

#### *To make French Bread.*

Three Quarters of a Peck of Flour is made into Bread thus: Take three Pints of Water, and one of Milk; season it with Salt; then take three Quarters of a Pint of fine Ale Yeast, and lay in two Quarts of Water the Night before; after pouring it off, stir in your Yeast into the Milk and Water; break in about two Ounces of Butter; dissolve it well; then beat up an Egg, and stir it in; then add these Articles to your Flour; in a cold Season, your Dough should be much stiffer, than in Summer; take Care it be well mix'd; make it into small Roles, and put them into a brisk Oven, but take Care not to

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burn them ; when they have laid about 24 Minutes turn them ; then let them lie for the same space of Time ; afterwards take them out, and rasp them. The Liquor is to be stirred into the Flour, as done for Pye Crust ; the Dough being made, it must be cover'd with a Cloth ; it must lie to rise a few Minutes.

### *To make Muffins, Oat Cakes, &c.*

Hertfordshire Flour being reckon'd the best, it is generally made Use of on these Occasions ; therefore, take half a Bushel of the finest Sort, three Quarters of a Pint of fine Ale Yeast ; let it lie in Water all Night ; in the Morning pour off the Water clear ; then warm one Gallon of Water Milk-warm ; to which add one Ounce of Salt ; mix the Water, Salt, and Yeast well together, for about twelve Minutes ; then strain it, and mix up your Dough as light as possible ; let it lie in your Trough an Hour to rise ; then Hand-roll it ; pull it into small Pieces, roll it with your Hand, like a Ball, lay them on a Board, and as fast as you do them, lay a Flannel over them, which the Dough must be kept cover'd with ; when you have roll'd out all your Dough, begin Baking ; by the Time your first are done, the others will be spread out in the Form they should be ; when one Side begins to change Colour on the Iron, they must be turn'd ; a pale Colour is best ; but be sure suffer them not to burn, which they will be apt to do, if the Middle of the Iron be too hot. The Iron made use of, is set up like a Copper, and Fire kept the same Way ; only where the Lid of the Copper lies, there must the Iron be plac'd.

Muffins are made the same Way ; only remember, when you pull them to Pieces, roll them in a good deal of Flour ; roll them thin with a Rolling-pin ; cover them with a Flannel, and they will rise to sufficient Thickness ; keep these likewise of a pale Colour. The Manner of toasting them (for eating) is sufficiently known ; only take this Caution, not to cut them with a Knife (it making them extreamly heavy) but pull them apart. — If the

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the above Quantity of Flour should prove two little for your Water, &c. a little more may be added.

#### *For making Bread without Yeast.*

To accomplish this, you must procure a Lump of about two Pounds, of the Dough of your last making, which had been raised by Yeast; it must be kept in a Wooden Vessel, and cover'd with Flour; this is call'd Leaven. The Night before you intend to bake, put the said Lump of Dough into about a Peck of Flour, and work them well with warm Water; it must lie in a Vessel of Wood, cover'd with a Linnen Cloth, and a Blanket, remembering to keep it warm; the next Morning it will rise so as to be sufficient to mix with more than two Bushels of Flour, being work'd up with warm Water and a little Salt. When sufficiently work'd, let it be well cover'd as before, till you find it rise; then kneed it well, and make it into what Form you think fittest for Baking. The more Leaven is put to the Flour, the better and lighter the Bread will be; and the fresher the Leaven, the Bread will be less sower.

#### *A good Thing for rosy Beer.*

Two Handfuls of Bean Flour, half the Quantity of Salt; throw this into a Kilderkin of Beer, but don't stop it till it has done fomenting; let it stand about a Month, and it will be fit for Use.

#### *When Beer is sour proceed thus:*

To a Kilderkin of Beer, throw in a Quart of Oatmeal; leave the Bung loose for three or four Days, after which, stop it close; let it stand a Month; and it will be fit for Use. Or thus: Throw in a Lump of Chalk, of about half a Pound; and when it has done working, stop it close for five or six Weeks, before you tap it.

#### *In Lincolnshire, they proceed thus:*

When sour, or foul, they throw in (at the Bung-hole) a Piece of unslack'd Lime (according to the Size of the Vessel, about a Pound to a Kilderkin) leaving the Bung loose two or three Days; then stop it close, and it will be fit for Use in about a Month.



*To cure a Hogshead of foul Ale, or Beer.*

Take a Pound and a Half of Oyster-shell Powder, half an Ounce of Cream of Tartar, the like Quantity of Bay-salt, and one Ounce and a Half of Isinglass. — If *SOUR*, Take four or five Pounds of Mutton, cut into Pieces, four Ounces of Egg-shells, dry'd and powder'd, and half an Ounce of Salt of Tartar; put these into the Cask, and your Liquor will soon be restor'd to its first Perfection. *Note*, The above Quantity of Ingredients are for half a Hogshead of either Ale or Beer; if the Liquor be more in Quantity, the Ingredients must be increas'd in Proportion thereto.

*An Excellent Method to preserve a constant Stock of  
YEAST.*

*When you can spare Yeast, take a Quantity, stir and work it well with a Wisk, till it seems liquid and thin. Then get a large wooden Dish, or Tub, clean and dry, and with a soft Brush lay on a thin Layer of the Yeast thereon, turning the Mouth downwards, to prevent its getting Dust, but so that the Air may come to it to dry it: When that Coat or Crust, is sufficiently dryed, lay another, which serve in the same Manner, and continue putting on others, as they dry, till two or three Inches thick, which will be useful on many Occasions: But be sure the Yeast in the Vessel be dry, before more be laid on. When wanted for Use, cut a Piece, lay it in warm Water, stir it together, and it will be fit for Use: If for Brewing, take a Handful of Birch, tied together, dip it into the Yeast, and hang it to dry, taking care of dust getting at it. When your Beer is fit to set to work, throw in one of these and it will work as well as if you had fresh Yeast: You must whip it about in the Wort, and then let it lie: When the Beer works well, take out the Broom, dry it again, and it will do for the next Brewing.*

To

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### *To clear Wine.*

*Take half a Pound of Hartshorn, and dissolve it in Cyder, if it be for Cyder, or Rhenish Wine, for any other Liquor : This is enough for a Hoghead.*

### *To fine Wine the Lisbon Way.*

*To every twenty Gallons of Wine, take the Whites of ten Eggs, and a small Handful of Salt, beat it all together to a Froth, and mix it well with a Quart or more of the Wine : Then pour it into the Vessel, and in a few Days it will be fine.*

### *Concerning Marketing, &c.*

I must own, there is nothing like Practice, to bring a Person to any tolerable Perfection in Marketing ; however, I hope the following Instructions will be as serviceable to others, as they have been to me. — In Regard to Lamb, you may be assur'd that is fresh and good, if the Neck-Vein be blue ; if otherwise, it is inclinable to stale ; in a Hind-Quarter, the Knuckle and Kidney are the Parts that taint first ; if the Knuckle be limber, or the Meat clammy, you may be assur'd it is stale ; the Head of a Lamb is known by the Eyes, which, if wither'd or sunk, it is stale ; on the contrary, if plump, lively, &c. you may be assured it is fresh.

Of Veal, the Breast and Neck taint first ; if a Breast, mind the Sweet-bread ; if it be clammy, it is stale ; if otherwise, it is good ; if the Knuckle, of either Leg, or Shoulder, be over pliable, or clammy, it is bad ; if the bloody Vein of the Shoulder looks blue, or of a brightish Red, it is fresh ; if otherwise, it is stale ; but this you may make a general Observation, that whatever Meat is clammy, cannot be fresh ; you are likewise to form a Judgment of all Kinds of Heads, either Lamb, Mutton, Veal, or Beef, by the Eyes, as describ'd in the Lamb's-Head.

If the Fat of Mutton be spongy, that Meat is not good ; that is always best, when the Lean looks of a fine Red, the Grain fine, the Fat white and firm ; if the Flesh be loose from the Bone, it is not sound ; and that Mutton is  
bad,

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bad, which, on squeezing, omits a Kind of Water like Dew.

Beef is known by its fine Colour; if the Grain be over close, and the Colour dark, it is a Sign it is Bull Beef; if good Ox-Beef, it will have an open Grain, and shew an oily Smoothness; and that Beef is always best, whose Suet is whitest.

Pork is not good, if it be the least clammy; and buy not that which has any little Kernels in the Fat, for such Meat is mealy, and not fit for eating; that Sort is always young, where the Bones are small, pliable, and look blue; and Pork, of an over great Size, is not so good as the smaller Sort.

Bacon may be known, by thrusting in a Knife under the Bones; if the Knife affords an agreeable Flavour, it is good; if otherwise, it is bad; the Lean should be a fine Red, the Fat clear, white, inclinable to a Red; the Rind thin and dry.

Butter is best, that looks of a fine Yellow; tho' both Cheese and Butter are best known by tasting.

Eggs are not fresh, if the great Ends are not warm, which may be known by putting your Tongue thereto; Eggs will keep some Months, if set with their small Ends downwards in fine Wood-Ashes.

There are so many Ways of deceiving young Market-People in all Sorts of Fowls, that it is impossible to lay down Rules to prevent them from being sometimes cheated; it is best, however, to keep to one Poulterer, as he will be more cautious how he deceives you, than if you were a Stranger: It may not be amiss, however, to observe, that the Eyes of such Fowls as look most lively, and whose Feet are most limber, such are most likely to be fresh.

A Goose may be known by its Bill; which, if yellowish, and she has but few Hairs, she is young; but, if full of Hairs, and the Bill and Feet are red, she is old; if limber-footed, new; if dry-footed, stale.



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If either Rabbits, or Hares, are stiff, they are fresh ; if limber, the contrary. But be as cautious as we will, old Market-people are sometimes deceiv'd in Poultry.

#### *Observations concerning Brewing.*

See your Malt be clean, and let it stand a Week, after ground, before you use it. The Quantity of Malt should be proportion'd to the Drink you design to make. For Instance, thirteen Bushels of Malt will make a Hogshead of *Osfober*, or strong Beer ; Hops eight Pounds ; it will afterwards make near a Hogshead of good Small-Beer, adding one Pound and a Half of fresh Hops to it.

Eight Bushels of Malt will make a Hogshead of excellent Ale, and the like Quantity of Small-Beer ; in making the Ale, five Pounds of Hops : For Small-Beer (afterwards) add one Pound and a Half of Hops. Eight Bushels of Malt will likewise make three Hogsheads of fine Table-Beer, that will keep the Year through, provided you use eight Pounds of Hops with it ; or you make 24 Gallons of good Ale, and two Hogsheads of Small-Beer, of the said Malt and Hops.

It may in general be observed, where Ale is design'd for keeping, that a Pound of Hops should be allow'd to every Bushel of Malt ; if design'd for present spending, little more than half the Quantity will serve ; *though the Palate of the Person it is brew'd for, should be consulted.*

Take particular Care to have your Casks, &c. well clean'd and dry'd ; and never use them on any other Occasion than Wine-making, or Brewing ; it is a good Way to take out their Heads ; and, after being well clean'd with a Hard-brush, Sand, &c. put them in again, scald them well, throw into each Barrel a Piece of unslack'd Lime, and stop in the Bung close.

Having got your Casks, &c. in Readiness, proceed as follows, *viz.* When you have a Copper of boiling Water ready, pour it into your Mash-Tub, and let it be cool enough to see your Face in ; then pour in your Malt, and  
let

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let it be well mashed ; have a Copper of Water boiling in the mean-time, and when your Malt is well mashed, fill your Mashing-Tub ; stir it well again, and cover it over with the Sacks. Let it stand three Hours, then set a broad shallow Tub under the Cock, let it run very softly ; and if it is thick, throw it up again, till it runs fine ; then throw a Handful of Hops in under the Tub, and let the Mash run into it, and fill your Tubs till all is run off. Have Water boiling in the Copper, and lay as much more on as you have Occasion for, allowing one Third for boiling and Waste. Let that stand an Hour, boiling more Water to fill the Mash-Tub for small Beer ; let the Fire down a little, and put into the Tubs enough to fill your Mash. Let the second Mash be run off, and fill your Copper with the first Wort ; put in Part of your Hops, and make it boil quick. About an Hour is long enough ; and when it is half-boiled, throw in a Handful of Salt.

Have a clean white Stick, and dip it into the Copper, and if the Wort feels clammy, it is boil'd enough ; then slacken your Fire, and take off your Wort. Have ready a large Tub, put two Sticks across, set your straining Basket over the Tub on the Sticks, and strain your Wort through it. Put your Wort on to boil, with the rest of the Hops, let your Mash be still cover'd again with Water, and thin your Wort that is cooled in as many Things as you can, for the thinner it lies, and the quicker it cools, the better. When quite cold, put it into the Tunning Tub. Mind to throw a Handful of Salt into every Boil. When the Mash has stood an Hour, draw it off, then fill your Mash with cold Water, take off the Wort in the Copper, and order it as before. When cold, add to it the first in the Tub : So soon as you empty one Copper, fill the other ; so boil your Small-Beer well. Let the last Mash run off, and when both are boiled with fresh Hops, order them as the two first Boilings ; when cool, empty the Mash-Tub, and put the Small-Beer to work

### *Valuable Family Jewel.*

work there. When cool enough, work it; set a wooden Bowl of Yeast in the Beer, and it will work over with a little of the Beer in the Boil. Stir your Tun up every twelve Hours, let it stand two Days, then tun it, taking off the Yeast. Fill your Vessels full, and save some to fill your Barrels; let it stand till it has done working, then lay on your Bung lightly for a Fortnight, after that, stop it as close as you can. Mind you have a Vent-peg at the Top of the Vessel; in warm Weather open it; and if your Drink hisses, as it often will, loosen it till it has done, then stop it close again. If you can boil your Ale in one Boiling, it is best, if your Copper will allow it; if not, boil it as Conveniency serves. The Strength of your Beer must be according to the Malt you allow, more or less, there is no certain Rule.

When you come to draw your Beer, and find it is not fine, draw off a Gallon, and set it on the Fire, with two Ounces of Isinglass, cut small, and beat: Dissolve it in the Beer over the Fire: When it is melted, let it stand till it is cold, and pour it in at the Bung, which must lay loose on till it has done fomenting, and then stop it close for a Month.

Take great Care your Casks are not musty, or have any ill Taste, if they have, it is very difficult to sweeten them. You are to wash your Casks with cold Water before you scald them, and they should lie a Day or two soaking, then clean them well, and scald them.

#### *Concerning Roasting of Meat.*

A good Fire is one great Article; and mind not to salt any Meat design'd for roasting, 'till it is put to the Fire, (unless Necessity obliges you) it not only draws out the Gravy, but makes it hard. Beef should be roasted with a Paper over it, and well basted with Butter; when the Smoak draws to the Fire, it is a sure Sign of its being near done; your Dish is to be garnish'd with Horse-raddish, scrap'd. The Chine, and Saddle of Mutton, are roasted with a Paper on, as the Beef is; all other Joins



of either Mutton or Lamb, are roasted without a Paper; keep a quick Fire; baste when you put the Joint to the Fire, and just before you take it up; a little Flour must be remember'd to drudge it; but observe to do it sparingly. A Loin of Mutton is often skin'd, and roasted brown; a Breast should always be skin'd. Veal should be roasted as brown as possible; if a Loin, or Fillet, be sure Paper the Fat Part; it must not be roasted too hasty at first; 'tis to be basted when first laid down, and again just before taken up, and drudge it with a little Flour; the Breast is roasted with the Caul and Sweetbread on, but, when near done, take away the Caul, and baste it, and drudge it with a little Flour. Pork, when put to the Fire, should be slash'd with a sharp Knife across the Rind; but some Joints are not done so; be sure let this Kind of Meat be sufficiently roasted; it is common to throw a little Sage cut exceeding small, over those Joints of Pork that are free from Rind, just before they are taken up. Pork, in general, is sent to Table with Apple-Sauce, Mustard, &c. A Pig should have some Sage, cut small, a small Piece of Butter and a little Pepper, and Salt, put in the Belly, before spitted; your Fire must be at both Ends, (no matter how little in the Middle) it must be kept flouring till you find the Skin hard; when roasted enough, put three or four Ounces of Butter in a Cloth, and rub the Pig therewith, till the Crackling is very crisp.——

*Note,* You must take Care to keep your Spit exceeding clean; make use of nothing but Sand and Water to scour it, wipe it dry; and keep it in a dry Place for Use.

You are to observe, that Meat takes more Time in Dressing in frosty Weather, than in that which is more mild.

A Leg of Mutton of six Pounds, will take an Hour and a Quarter; nine Pounds, an Hour and three Quarters; twelve Pounds, two Hours and a half.

In Regard to Pork and Veal (both which ought to be thoroughly

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thoroughly done) it is common to allow a Quarter of an Hour to every Pound.

House-Lamb should likewise be thoroughly roasted, a Fore Quarter, of a large Size, will require an Hour and Half; a small one, about an Hour, unless the Fire be very brisk.

A Leg requires an Hour at least; Shoulder, Neck, or Breast, near three Quarters of an Hour.

A Pig (when first kill'd) may be roasted in little more than an Hour; if kill'd a Day or two, it will require some Time longer—But it is a certain Sign the Pig is enough, when the Eyes drop out.

A Hare, of a Middling Size, will take near three Pints of Milk, and half a Pound of Butter; this must be put into the Dripping-Pan, and baste your Hare with it, till it is soak'd up, then the Hare is enough. I count this a good Way of roasting a Hare.

A small Turkey takes three Quarters of an Hour at least, a middling one an Hour, or more, a large one, an Hour and three Quarters.

Keep the same Time in regard to Geese.

A Chicken is roasted in about 24 Minutes; a middle siz'd Fowl in about half an Hour; the larger Sort in Proportion.

A small Duck, requires about 20 Minutes; a middle-siz'd one, half an Hour; a large one, three Quarters of an Hour.

Wild Ducks don't take quite so much Time in Roasting as tame ones; but take Care to keep a quick Fire.

Twenty-four Minutes will roast either Woodcocks, Snipes, or Partridges.

Pidgeons are roasted in 15 Minutes; Larks in 12.

A quick Fire is recommendable for all Kinds of Poultry.

### *Concerning Boiling of Meat.*

It is a general Rule, in Boiling, to allow a Quarter of an Hour, to every Pound; take care to skim the Pot well,

otherwise your Meat will be black ; salt Meat is put in when the Water is cold ; fresh, when it boils ; Plenty of Water is very recommendable in boiling. In boiling Greens, take care to give them Room enough ; throw some Salt into the Water ; and let them boil as quick as possible ; Spinnage, and green Peas, don't require much Room.

A Tongue, if salt and dry, requires near three Hours boiling ; and, if put in over Night, it will be the better ; keep it boiling near three Hours before it is taken up for eating.

Two Hours will boil a Tongue taken from the Pickle.

Fowls, Lamb, &c. boil much better in a Pot, with Plenty of Water, without being put into a Cloth ; but be careful in taking off the Scum.

Less than 20 Minutes will boil a small Chicken ; half an Hour a large one ; large Fowls in Proportion.

A small Turkey, or Goose, requires an Hour ; a large one of either Sort, an Hour and a Half at least.

#### *Concerning Broiling.*

Take care your Fire be clear, and your Grid-Iron very clean ; observe to cut your Steak the right Way of the Grain, let it be little more than Half an Inch thick ; lay it on the Grid-Iron, throw a little fine dry Salt on ; some add Pepper, but it should not be done till the Steak be near enough, because it makes it both black and dry. In broiling Fish, be sure they are well dry'd in Flour ; before you lay them on, rub the Bars of the Grid-Iron with a Piece of Butter, which will prevent their sticking to it.

Send your Steaks to Table in a Dish, made very hot, but never put Pickles, of any Sort, on the Dish with the Steaks, for that being hot, dries and spoils them.

It is a very bad Custom to baste any Thing on the Grid-Iron, for it smoaks the Meat, and gives it an ill Flavour.

*Concerning*



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### *Concerning Frying.*

Fish must always be well dry'd, and afterwards flour'd, they are best done in good Beef-Dripping; you are to make it boil in your Stew-Pan, and then put in the Fish; but take Care not to fry them of too high a Colour; and let them be well drain'd from the Dripping, before they are sent to Table.

### *A proper Paste for Tarts.*

Three Quarters of a Pound of Butter, mix'd well with one Pound of Flour. — Or thus: Take equal Quantities of Flour, Butter, and Sugar, mix'd well; beat it with a Rolling-pin, and roll it thin.

### *To make Puff-Paste.*

Half a Pound of Butter, to a Quarter of a Peck of Flour; add a little Salt, then make it into Paste with a little cold Water; roll it out, and stick small Pieces of Butter over it, strewing a little Flour; roll it over nine or ten different times, till a Pound, or upwards, of Butter be roll'd in. This is a good Crust for all Sorts of Pies.

### *A good common Crust for large Pies.*

Flour half a Peck; the Yolks of two small Eggs; boil some Water, and put in half a Pound of try'd Suet; to which add near a Pound of Butter. Take off the Suet and Butter, and use as much of the Liquor as will make it into light Crust; it must be worked well, and roll'd out as usual.

### *Standing Crust for large Pies, of any Sort.*

Flour half a Peck, Butter three Pounds, boil the Butter in two Quarts of Water, skim it off, and add it to the Flour; but take care to take as little of the Liquor as possible; work it into Paste, pull it into Pieces till cold, and it is ready for the Use you design it.

### *A good Crust with cold Water.*

To every Pound of Flour, rub in half a Pound of Butter, and the Yolk of a small Egg to every Pound of Flour; in making it up, use cold Water.

*A good*

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### *A good Crust of Beef Dripping.*

To every Pound of Flour, half a Pound of Beef Dripping. Manage your Dripping thus: It must be boil'd in clear Water, take off the Fat and strain it, let it stand till cold, scrape it, and boil it three or four times over, then work it as fine as you can, and make it into Paste with cold Water.

### *A proper Crust for Custards.*

A Pound of Flour requires three Quarters of Butter, the Yolks of four Eggs, a few Spoonfuls of Cream, mix well together, and let them stand ten or twelve Minutes, then work it, and roll it out very thin.

### *The Paste used for Crackling Crust.*

A Quantity (about Half a Pound) of Almonds, throw them into Water, take a Cloth and dry them, beat them very fine in a Mortar, add Orange Flower-Water to them with the White of an Egg: When well pounded, run them through a coarse Hair-Sieve, to free them from Lumps, &c. then spread it on a Dish, till very pliable, let it stand a small Time, then roll out for the Under-Crust, dry it in an Oven on your Pye-Pan, while your other Articles are making for garnishing, such as Cyphers, Knots, &c.

### *An Excellent Ketchup, that will keep Fifty Years.*

Two Gallons of the best strong stale Beer, two Pounds and a Quarter of Anchovies, wash'd from their Pickle: About two Pounds of Shallots peeled, Mace and Cloves, of each an Ounce, half an Ounce of whole Pepper, five or six Races of Ginger, a Gallon of large Mushroom Flaps rubbed to Pieces. Cover these Ingredients close, and let them simmer over a gentle Fire till half wasted, then strain it through a Flannel Bag, let it stand till it is cold, and then in may be bottled, but take Care it be well cork'd. A small Spoonful of this Ketchup to half a Pound of Butter, makes a delicate Sauce for Fish.

### *Shrimp Sauce.*

One Pint of Beef Gravy, to half a Pint of Shrimps, thicken

### *Valuable Family Jewel.*

thicken it with four or five Ounces of Butter roll'd in Flour : The Gravy should boil, and be well season'd.

#### *To make Flomery.*

Take a large Calf's Foot, cut out the long Bones, boil them in two Quarts of Water, then strain it off, Top and Bottom, and put to the clear Jelly half a Pint of thick Cream, two Ounces of sweet Almonds, one Ounce of bitter Almonds, well beaten together, just let it boil, then strain it off, and when just warm, put it in Glasses.

#### *Scorch Collops.*

Take the Lean of a Leg of Veal, cut it in thin Slices, beat it on both Sides with the back of a Knife: Lard half with Bacon : Season all with Pepper, Cloves, Mace, and Salt, dust on them grated white Bread, fry them brown in sweet Butter, clear out the Pan, and put a Pint of Water and Claret, of each alike, one Anchovy, three Slices of Lemon, two Shallots, two Spoonfuls of Mushrooms: Then beat it up with burnt Butter, and serve it with sliced Lemons. You may add to fry Veal, Sweet-Breads, Lamb-Stones, and Lamb with the Meat.

#### *To do a Leg of Pork Ham fashion.*

Make your Pickle salt enough to bear an Egg, and enough to cover two Hams : Then put in six Ounces of Salt-Petre, three quarters of a Pound of Bay-Salt, and a Pound of brown Sugar, then boil them all together, and scum it, let it be cold, then put the Hams in, turning them every Day till they are salt enough, which will be near three Weeks : Then take them out, and put melted Butter over them, and hang them up.

#### *In Imitation of Brawn.*

First boil two or three Pair of Neats Feet very tender, then take a Piece of Pork, of the thick Flank, boil it near enough : Then pick the Flesh off the Feet, roll it up in the Pork, as they do Brawn, very tight : Then take a strong Cloth, with some coarse Tape, roll it tight round, and tie it up in a Cloth, and boil it, till it is so tender you may run a Straw through it ; let it be hung  
up



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up in a Cloth till it is quite cold ; after which, put it into some Soufing-Liquor, and it is fit for Use.

ELIXIR of HEALTH : Or, *The Choice Family Medicine.*

Take Anniseed-Water, of a good Sort, one Quart ; of Carraway, and Corriander-Seeds, each one Ounce ; Liquorice-Root, two Ounces (which must be well bruised, and so must the Seeds) Jalap-Root, bruised to a gross Powder, one Ounce ; and the like Quantity of Sena-Leaves. All these are to be put to the Anniseed-Water, and set in a Warm Place for three or four Days, minding to shake it often ; after which Time it will be fit for Use. The best Way of making this, for Family Service, is in a large Wide-mouth'd Glass Bottle, such that are us'd for Pickles, &c.——And there is no Occasion to strain the Elixir from the Ingredients, because it will be always fine enough, if the least Care be taken in pouring it out, when wanted for Use——*As this is publish'd intirely for the Benefit of the Publick (without the least Reserve) I will here set down the Price of the Ingredients ; by which it will appear to be a very reasonable Medicine ; and don't doubt but the Use of it will make its Excellency soon known, and gain it an establish'd Reputation : For my Part, I may with Truth, assure the Reader there cannot be a better Purge, and that it has done almost Miracles in windy Disorders : in short, it is far superiour to the Daffy's Elixir ; and may be us'd in all Cases where that is recommended.*

It is to be taken thus : One Spoonful at Night, going to Bed, and two more, the next Morning fasting. About half an Hour after taking the two Spoonfuls, drink some warm Gruel, or Tea.

The Quart of Anniseed-Water, about Eight-pence,  
The Seeds, one Half-penny an Ounce.  
Two Ounces of Liquorice, one Penny.  
Ounce of Jalap, about Six-pence.  
Ounce of Sena, Four-pence.

N. B. When

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N. B. When the Elixir is us'd, a Quart more of Anniseed-Water may be put to the Ingredients; and after standing three or four Days in a warm Place, as before directed, strain off the Liquor, and add only Half the Quantity of the above Ingredients, letting them stand three or four Days as before, and it will be fit for Use, and of the same Efficacy with the former.

#### *Ease for that intolerable Pain, call'd, the Tooth-ach.*

The most celebrated Remedies for this Disorder, are nothing more than Spirits of Nitre and Allum, mix'd with Spring-Water. Indeed one Sort, for which a Patent has been procured, is tinctur'd (to disguise it only) with Cochineal——But as it is somewhat difficult to give it this Tincture, without doing the least Service, I shall not trouble the Reader with that Part that is useless, and only take Notice, that whoever puts Half an Ounce of Spirits of Nitre, and one Drachm of Allum, to an Ounce of Spring-Water, will have as effectual a Remedy for the Tooth-ach, as has been hitherto made publick. The Teeth and Gums are to be rubbed with a fine Rag dipp'd into the Liquid.

#### *To preserve Meat without Salt.*

Wet a Cloth in White-wine Vinegar; wring it out, and wrap the Meat therein; by which Means it will be preserved a Fortnight, or longer, in hot Weather.

#### *To make Hung-Beef.*

To twenty Pounds of Beef, put a Pound of Bay-salt, two Ounces of Salt-petre, a Pound of Sugar, mix'd with common Salt; let it lie six Weeks in this Brine, turning it every Day, then dry it, and boil it for Use.

#### *To make Diet-Bread.*

One Pound of fine Sugar, beat and sifted, one Pound of Flour, eight Eggs, two of the whites to be out; mix well together, and put into Pudding-pans for the Oven.

#### *Cautions for melting Butter.*

Observe your Sauce-pan be clean, and well tinn'd, cut

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your Butter into Pieces, add a little cold Water, and a small Dust of Flour; set it on the Fire, and neglect not to continue moving your Sauce-pan, lest it should oil.

*To make Hartshorn Jelly.*

Half a Pound of Hartshorn to three quarts of Water, boil it half away; four Lemons, and it may be sweeten'd to your Taste. You may put in a little Saffron to colour it, before you put it into your Bag; then run it thro' your Jelly-Bag, which should be made of Flannel.

*To dry Neat's Tongues.*

Bruise some Bay-salt very small, and some Salt-petre, rub the Tongues with a Linnen Cloth, then put the Salt to them, forcing it in, especially to the Roots, and as it comes into Brine, add more; when they are hard and stiff, then they have had Salt enough, then roll them in Bran, and hang them to dry.

*A genteel Dish for a large Company.*

Boil six Chickens, the same Number of Hogs Tongues boil'd and peel'd; a Colliflower boil'd white in Milk and Water whole, and some Spinage, boil'd very green; put your Colliflower in the Middle of the Dish, lay the Chickens round, the Tongues round them, with the Roots outwards, the Spinage is to be laid in small Parcels between the Tongues. The Dish is usually garnished with small Pieces of Bacon toasted, a Piece of which is to be laid on each Tongue.

*To make a plain Custard.*

One Quart of good new Milk, sweeten it to your Liking; a little grate Nutmeg; eight Eggs, half the Whites omitted; beat them up well, stir them into the Milk, and bake it: A little Rose-water may be added.

*To make a fine Bitter.*

Take of Rhubarb one Ounce, of Cardamums the like Quantity, one Handful of Camomile-Flowers, the Peel of two Seville Oranges, for two Quarts of Mountain.

*To distil Verjuice for Pickles.*

Take three Quarts of the sharpest Verjuice, and put in  
a cold



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a cold Still, and distil it off very softly; the sooner it is distill'd in the Spring, the better for Use.

#### *To keep French Beans all the Year.*

You must string your Beans, and cut them in half, then put them into an earthen Pot, then lay a laying of Beans, and a laying of Salt, and cover them; steep them all Night in Water, then use them.

#### *A Favourite Soop.*

Get a quarter of a Pound of the best Rice, pick and wash it very clean, boil it in Veal Broth till it is very tender, add a little Mace, and one young Fowl, scum this very clean, and season lightly with Salt, and put in half a Pound of sweet Butter, then add a Pint of good Cream boil'd up, and put into the Soop, and serve it up with the the Crumb of French Bread, and the Fowl.

#### *To make common Sausages.*

To about three Pounds of Pork, as much Pepper may be used as will lie on the Point of a Knife; the Meat should be cut small, Fat and Lean together, and clean'd from the Bone, &c. add some Sage, cut small, and when the Guts are made clean, fill them. The Meat is often roll'd up, and fry'd, without putting into Guts. *Very good Sausages are made the same Way with Beef.*

#### *To roast Quails, or Ortolans.*

They must be spitted Sideways, with a Bay-Leaf between them; they are to be basted with Butter, and have Crumbs of Bread, fry'd, round the Dish.

#### *Belony Sausages.*

Of Bacon (Fat and Lean) Pork, Beef, Veal, of each one Pound; one Pound of Beef Suet; let them all be chopp'd very fine, a Handful of Sage-Leaves, and a few sweet Herbs; season to your Liking with Pepper and Salt; take a large Gut, and fill it; boil it softly about an Hour, remembring first to prick it, to prevent breaking; after boiling, lay it on clean Straw to dry.

#### *To do Proalins, or Parch'd Almonds.*

Take one Pound of *Jordan* Almonds, and one Pound

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of Loaf Sugar, put them in a Pan together, and about half a Pint of Water, set them on the Fire, and stir them till the Sugar is all dissolv'd ; boil them gently till the Sugar grows thick ; stir them, and the Sugar will turn dry about them, take them off, and stir them till all the Sugar is turn'd dry, then put them on the Fire again, and as it melts, it will stick in Lumps upon the Almonds, and look of a Redish Colour ; then take them off, and stir them till they are quite dry : Keep them in a dry Place for Use.

*To make Mackerons.*

Take one Pound of Sweet Almonds, blanch them, and beat them very fine, put in a little Rose-Water, as you beat them, then put in a Pound of sifted Sugar, mix them together, then put in the Whites of Eggs, but do not put in two many to make them run, grate in a little Lemon Peel, lay them out on a Waser Paper, and bake them on Wire or Tin Plates in a moderate Oven ; dust them very well with fine sifted Sugar before you bake them, chip off the Waser from the Edges, and pack them in your Box for Use.

*To make Ratafia Biskets.*

Take Half a Pound of Bitter Almonds, and Half a Pound of Sweet Almonds, blanch and beat them very fine, put in the Whites of eight Eggs, and stir them very well together ; put in your Sugar and beat them well together, then drop them on Paper in small drops ; don't let it be too thin to run upon the Paper ; you may bake them in the Oven after Mackerons, without heating again, then take them off the Paper, and keep them in a dry Place, for your Use.

*To make Savoy Biskets.*

Take six Eggs, and beat them up very light with a Whisk, then put in a Pound of fine sifted Sugar by Degrees, beating it up all the while ; when the Sugar is all in take out your Whisk, and sift in a Pound of fine Flour ; stir them together, then lay them out with a Board  
and

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and Knife upon Paper ; ice them very well, and bake them in a quick Oven : Cut them off the Paper ; and when the Oven is pretty cool, lay them singly on Wires, and put them in again till they grow hard and crisp ; then put them in your Box for Use.

#### *To make Naples Bisket.*

Take fifteen Eggs (or more, according to the Quantity you design to bake) put in near half a Pint of hot Water, and whisk them up till they are light, put in two Pounds and a half of Sugar by Degrees, then take out your Whisk, and sift in three Pounds of Flour, and just stir them together till mix'd ; then fill your Moulds, which you must have ready paper'd : To ice them, you must take a Piece of Loaf-Sugar, and scrape it with a Knife upon them : Bake them in a good soaking Oven, then turn them out of the Moulds ; take them out of the Papers, lay them singly on Wires, and when the Oven is pretty cool, put them in and let them stand till they are crisp and hard, then pack them in your Box for your Use.

#### *To make Sponge Biskets.*

Take six Eggs, and of Whites six more, and whisk them up very light ; put in a Pound and a Half of fine sifted Sugar, then beat them very well, then take out the Whisk, sift in a Pound of fine dry Flour, and just mix them together, then fill your Moulds, which you must have ready rubb'd with a little warm Butter. Ice them with sifted Sugar through a Canvass, or Linnen Bag, and bake them in a quick Oven.

#### *To make Orange-Puffs.*

Blanch a Quarter of a Pound of Almonds, and beat them very fine, put the Whites of eight Eggs, rub them together in the Mortar, with the grated Peel of two or three *Seville* Oranges, then put it in as much sifted Sugar, by degrees, till you make it a Stiff Paste, and Rowl it out as you do for the Lid of a Pye, make an Iceing with Water and fine sifted Sugar mix'd together as thick



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as melted Butter, and spread it thin upon the Paste, with a Knife, cut it into what Shape you please, lay them on Paper, and bake them in the Oven after other Biskets; you may colour some of the Paste Red, Green, or Yellow, as you please.

Lemon Puffs are done the same Way, only grating Lemon instead of Orange.

*To make Bisket Drops.*

Beat six Eggs in a Pan with a Whisk, very well, put in a Pound of sifted Sugar, by Degrees, beat it a little longer, then drain your Whisk, and sift in something more than a Pound of Flour, and put in Carraway-Seeds, as you like it; then with a Spoon and Knife lay them round (what Size you please) on Wafer-paper, laid on a Wire, and dust them very well with sifted Sugar, and bake them in a moderate Oven; when they are cool, chip off the Wafer round the Edges, and put them in a Box for Use.

*Mons. MILLIEN's Account of preserving Metals from Rust, as delivered to the Academy of Sciences, in France, July 18, 1748.*

It is to be observed, that whatever Brass, Steel, or Iron, is intended to be kept bright, such Metals should be first scower'd, or polish'd, very well; after which, it is to be made very hot, by standing near a good Fire, not put into it, after which, the Utenfils thus prepared, are to be put, hot, into a Liquid made in the following Manner:

Burn a Parcel of Nightshade, Berries and all, to Ashes; add about half a Pint of these Ashes to a Gallon of Water, and let it boil for two Hours; when this Liquid is cold, it is fit for Use; and whatever bright Steel, Iron, &c. is made hot, and put into this Liquid, such Metal will retain its Brightness many Years, without any further Trouble. It is to be well dry'd by the Fire,

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Fire, after taken out of the Liquid; and then may be set by for Use. The Nightshade must be got in *May*, when the Berries are on, and in their Prime.

It is very true, *Monf. Millien* says, in his Original, that the Utensils are to be *put into the Liquid*: But though I am willing to give him his Due, in Regard to owning him to be the first Inventor, yet I can't help declaring, that I've made several considerable Improvements.

In the first Place, instead of *putting in the Utensils* (which often prov'd troublesome, especially when they were large) I only dip a small Piece of Sponge into the Liquid, and rub such Things, I would have kept bright, therewith — And this has always answer'd in every Thing I've us'd it in.

In his Original, he only makes use of the Term *Nightshade*; but the Reader is desired to take Notice, that there are several Sorts of this Weed, growing in most Hedges in *England*; and the Sort to be used, is that which is call'd *Deadly Nightshade*.

This *Nightshade* has a thin Stalk, and small Leaf; it grows very fast in damp Places; bears a bluish Flower, about the beginning of *May*, and has a red Berry (first green) the latter End of the same Month, if it be a forward Season.

It has puzzled many curious People to discover in what Manner the Liquid above-described secures Metals from Rust in the surprizing Manner it does; and most of them declare, it must be by bracing up the Pores of the Metal. But as I'm not for entering into a long Discourse on this Head, I will content myself with assuring the Reader, that it has never once fail'd me in the great Number of Experiments I have made Use of it.

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*The Method used in France to preserve Furniture, Fire-Arms, &c. before Mons. MILLIEN's New-Invented Liquid came into Use.*

Dissolve some *Venetian*, or, where that is not to be met with, common Turpentine, provided it be clear, in some good Oil of Turpentine, and add to it some good drying Linseed Oil, in which Red-Lead has been mixed; this must be made clear by Insolation, or long standing in the hot Sun; mix them well together, and with a piece of Sponge, dipp'd therein, rub over such Fire-Arms, Furniture, &c. as you would have kept bright, and you may depend on the End being answered; the whole Furniture, in Metal, belonging to the *French King's* palaces are preserved in this Manner.

When the above Liquid is used, it is generally made warm, and then, by dipping a Sponge therein, such Things you would preserve, should be brushed over with it as thin as possible.

F I N I S.





John Milnes Book 1748 ~~1748~~

Printed at London 1748.